

美白类护肤品中美白成分的功效研究

摘要

古有一白遮三丑，光洁、红润、白皙的皮肤状态一直被女性所追求。如今，美白类护肤品产业链完善，需求增大，在护肤化妆品里占据首要地位。美白机理、美白活性成分、美白产品功效评价等方面的研究引起广泛关注。

本文深入探究了黑色素的形成过程，阐述了美白机理，分析黑色素在各个阶段的抑制方法，并结合当下美白护肤现状，总结几种当下利用率高的美白活性成分的理化信息及应用机制，指出不同阶段美白效果的优缺点，分析维度包括美白成分的化学性质、美白效果、毒性、价格、剂量范围、获取难度等。更全面的介绍了当前对美白产品功效评价的机制，让美白效果可以定性定量的进行分析。在本文的末尾，还结合了当前美白产品的不足，对其未来的发展进行了展望。

关键词：美白类护肤品；黑色素；美白机理；功效评价

Summary

In ancient times, there was one white covering three ugliness, and the clean, rosy, and fair skin condition has been pursued by women. Nowadays, the production chain of whitening skin care products is perfect, and the demand is increasing, occupying the top position in skin care cosmetics. Studies on the whitening mechanism, whitening active ingredients, and whitening product efficacy evaluation have attracted widespread attention.

This article delves into the formation process of melanin, explains the whitening mechanism, analyzes the melanin suppression methods at various stages, and combines the current whitening skin care status, summarizes the physicochemical information and application mechanisms of several currently active whitening active ingredients, and points out the differences. The advantages and disadvantages of the whitening effect at the stage, the analysis dimensions include the chemical properties of the whitening ingredients, whitening effect, toxicity, price, dosage range, difficulty of obtaining, etc. A more comprehensive introduction to the current mechanism for evaluating the efficacy of whitening products, so that the whitening effect can be analyzed qualitatively and quantitatively. At the end of this article, the shortcomings of the current whitening products are also combined, and the future development is prospected.

Keywords: whitening skin care products; melanin; whitening mechanism; efficacy evaluation

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